

Supermarket Italian Dishes: Ciao Healthy Meals!

Nutrition Comparison of Supermarket Italian Meals

As with all EN comparisons, this is only a sampling of what's available. Products are listed alphabetically. ✓ = EN's Picks. Selections contain no more than 400 calories (20% DV), 12 grams of fat (18% DV), 4 grams of saturated fat (18% DV), and 600 milligrams of sodium (26% DV), as well as at least 9 grams of protein (9% DV), and 2 or fewer ingredients you can't find in your grocery store.

Italian Meals	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carb (g)	Sodium (mg)	Protein (g)
BOXED AND CANNED							
365 Organic Cheese Ravioli in Tomato Sauce	1 cup	180	3.5	1.5	31	730	6
Campbell's Spaghettios Meatballs	1 cup	240	8	3.5	32	600	11
Campbell's Spaghettios Original	1 cup	180	1	0	37	630	6
Chef Boyardee 99% Fat Free Beef Ravioli	1 cup	170	1.5	0.5	33	880	7
Chef Boyardee Beef Ravioli	1 cup	240	8	3	35	900	8
Chef Boyardee Jumbo Spaghetti & Jumbo Meatballs	1 cup	270	12	5	28	980	12
Hamburger Helper Italian Lasagna	1 cup*	280	11	4	27	900	19
Hamburger Helper Italian Tomato Basil Penne	1 cup**	300	11	4	31	710	20
✓ Healthy Choice Fresh Mixers Rotini & Zesty Marinara	1 pkg (197g)	300	4	1	56	600	10
✓ Healthy Choice Fresh Mixers Ziti & Meat Sauce	1 pkg (197 g)	340	6	2	56	600	15
Marie Callender Homestyle Creations Meatball Lasagna	1 pkg (183 g)	310	9	3	43	760	14
FROZEN							
✓ Amy's Bowls Baked Ziti	1 (269 g)	390	12	2	62	590	9
Amy's Bowls Pesto Tortellini	1 (269 g)	430	19	8	45	640	20
Amy's Cheese Lasagna	1 (291 g)	380	14	8	44	680	20
✓ Amy's Light in Sodium Vegetable Lasagna	1 (269 g)	290	8	3.5	41	340	15
Amy's Roasted Vegetable Lasagna	1 (278 g)	350	11	3.5	47	680	16
Bertolli Chicken alla Vodka & Farfalle	1/2 pkg (340 g)	500	25	11	40	1360	21
Bertolli Ovenbake Meals Stuffed Shells in Scampi Sauce	1/2 pkg (340 g)	600	34	19	41	1200	21
Bird's Eye Voila Chicken Parmesan	1 cup	240	8	2	31	580	10
✓ Contessa Microsteam Spaghetti Bolognese	1 cup	250	11	3.5	27	530	12
Healthy Choice Chicken Alfredo Florentine	1 (241 g)	220	4.5	2	28	560	16
Kashi Pesto Pasta Primavera	1 (283 g)	290	11	2	37	750	11
Kashi Tuscan Veggie Bake	1 (283 g)	260	9	1.5	42	700	7
Marie Callender's Grilled Chicken Alfredo Bake	1 (369 g)	500	26	14	34	1230	31
Marie Callender's Pasta al Dente Chicken Carbonara	1 (283 g)	390	13	5	45	780	22
Marie Callender's Pasta al Dente Penne Garlic Chicken	1 (312 g)	410	17	4.5	43	950	21
Marie Callender's Pasta al Dente Tortellini Romano	1 (283 g)	430	14	7	59	840	17
✓ Michael Angelo's Eggplant Parmesan	3/4 cup	160	7	3.5	14	500	11
Moosewood Broccoli & Pasta Parmesan	1 pkg (284 g)	380	13	6	52	380	14
✓ Moosewood Pasta e Fagioli	1 pkg (284 g)	230	3	0	39	180	9
Moosewood Spicy Penne Puttanesca	1 pkg (284 g)	300	10	1.5	45	300	8
Putney Pasta Chicken Alfredo Skillet	1/2 pkg (255 g)	410	19	11	35	360	22
✓ Stouffer's Lean Cuisine Cheese Lasagna & Chicken	1 (283 g)	270	8	2	33	590	17
Stouffer's Restaurant Classics Fettuccini Alfredo	1 (326 g)	630	35	12	63	840	15
Trader Giotto's Eggplant Parmesan	1 pkg (276 g)	270	16	9	18	790	16
Trader Giotto's Gnocchi Alla Sorrentina	1 cup	170	2.5	0.5	30	500	6
Trader Giotto's Penne Arrabbiata	1 cup	200	6	1	29	470	7
Trader Joe's Penne Pepperonata	1 cup	200	4.5	2	35	190	7
Trader Joe's Pesto Tortellini Bowl	1 bowl	470	23	8	58	630	18
Trader Joe's Spinach Lasagna	1 pkg (298 g)	340	18	10	26	620	20
✓ Weight Watchers Classic Favorites Lasagna Florentine	1 pkg (297 g)	290	6	2.5	44	580	15
Weight Watchers Smart Ones Bistro Chicken Parmesan	1 pkg (311 g)	290	5	1.5	35	630	26

*As prepared with 1 pound lean ground beef and 1/2 cup milk.**As prepared with 1 pound lean ground beef. Note: pkg=package, g=gram, mg=milligram, carb=carbohydrate, DV=Daily Value (daily requirement based on 2,000 calorie/day diet). Source: food manufacturer labels.

Ooey, gooey cheese, sweet tomato sauce, pasta—what's not to love? But, when you get a little help from the grocery store by buying pre-made Italian food, do you end up with more than you bargained for? We scoured the grocery store to get the down-low on more than 40 Italian meals to help you make the best choices when it comes to calorie and sodium content—and more.

Helpful Hints

For those times when nothing but a big bowl of steaming pasta will calm your cravings, consider our tips to keep your healthy eating efforts in check.

- **Keep an eye on protein.** Since many Italian dishes are pasta based, they may be low in protein. For a meal that will satisfy you now and not leave you feeling hungry in an hour, choose one containing nine or more grams of protein. But if you're dying to eat a dish that doesn't contain that level of protein, try pairing the meal with nonfat milk and a large garden salad for extra protein and fiber.
- **Watch out for your heart.** With all that cheese, it's easy for the artery-clogging saturated fat levels of these meals to climb; in fact, some meals provide half a day's worth of saturated fat. Aim for four or fewer grams of saturated fat per meal.
- **That darn salt.** Overall, many of these Italian meals aren't extremely high in sodium as are many processed foods. However, if you're not careful you can end up with more than a half teaspoon of salt—about 1,200 milligrams—in one meal (about half the recommended amount for an entire day.)
- **Watch your serving size.** Going overboard on comfort foods like these is easy, but try to control yourself. While many of the foods in our list are single serving, there are several that aren't. So if you eat the whole dish, it can result in a meal with 1000 calories, 50-plus grams of fat, and more than a day's worth of sodium.

—Heidi McIndoo, M.S., R.D.